

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

August 2015

Volume 07 Issue 8

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A Message From the Director...

Summer is here and the sun is shining... Happy August to all!!

A few updates: There is a new "Trips" bulletin board located across from the Golden Age Club Office. Trips planned by the Senior Center, Friends, GAC and Red Hats will all be posted there. Stop by and check it out! Also, Friday's Mahjong class is looking for new folks to play, beginners are welcome. Next, we are collecting donations of yarn. A great way to clean out your craft closet or bin. A few thoughtful crafters have been knitting/crocheting blankets for the less fortunate. What a wonderful cause and use of material! A few blankets have been donated to seniors living in long-term care type settings. We were able to brighten their day & their rooms! And lastly, we've had an increased number of requests to cash in larger bills. While we're more than happy to help, we need to minimize the frequency in which we make change. It is important that we have enough small bills to support the two shops on site. Because the Senior Center is a very active place, it can be difficult for us to get to the bank when we are running low. We appreciate your understanding and thank you in advance!

Recently, I received a very pleasant letter and I would like to share its contents with you. Centerpoint, located on the state hospital's grounds, is a long-term residential program for adolescent boys. In April, three

of the young men "opened up" a cupcake bakery called "Bigger Than a Goat" (named after their Great Dane— Moose). Proceeds from the bakery are given to charity. The boys learn about hard work and what it's like to give to others. Well, the boys chose us. So each month we will be given a donation and a sampling of cupcakes to try. Thank you Centerpoint... we look forward to your visits! (In the photo above: Some of our Seniors with Residential Director Cathy, Bruce and founding member Mike.)

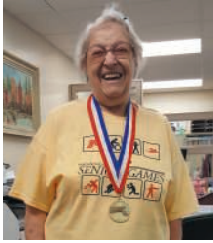


I value each and every one of your ideas so keep your suggestions coming. There have been some great ideas, like having snacks available at Zingo, including the newsletter mistake with the winner of the drawing and the need for a toilet paper holder in the women's handicap stall (on order). Thank you for your suggestions and thank you for reading!



My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

Volunteer of the Month: *Bernie Lynch*



This month we are celebrating Bernie Lynch. She is cheerful, friendly and always willing to help. For quite some time, she has been working in our Gift Shop on Friday mornings. And when we needed help setting up for the Volunteer Reception she was there in a flash.

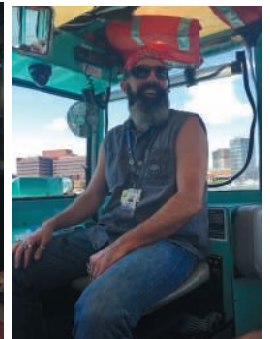
Bernie is a frequent visitor to the center and enjoys lunch, playing pool, Mah Jong and Zingo. Bernie also participates in tournaments with our pool team and she happens to be the only woman in the league, go Bernie! She has won many matches over the years and she recently won a gold medal and a t-shirt, as shown in the photo above. Thanks Bernie for all your hard work... we just love having you around!

15 Things My Mother Taught Me

Submitted by Terri Harrington

1. My mother taught me to appreciate a job well done. "If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me religion. "You better pray that will come out of the carpet."
3. My mother taught me logic. Because I said so, that's why."
4. My mother taught me foresight. "Wear clean underwear in case you're in an accident."
5. My mother taught me about osmosis. "Shut your mouth and eat your supper."
6. My mother taught me about contortionism. "Will you look at that dirt on the back of your neck!"
7. My mother taught me about weather. "This room looks like a tornado went through it."
8. My mother taught me the circle of life. "I brought you into this world, and I can take you out."
9. My mother taught me about envy. "There are millions of less fortunate children in this world who don't have wonderful parents like you do."
10. My mother taught me about anticipation. "Just wait until we get home."
11. My mother taught me about receiving. "You are going to get it when we get home."
12. My mother taught me ESP. "Put your sweater on; don't you think I know when you're cold?"
13. My mother taught me about my roots. "Shut that door behind you. Do you think you were born in a barn?"
14. My mother taught me about wisdom. "When you get to be my age, you'll understand."
15. My mother taught me about justice. "One day you'll have kids, and I hope they turn out just like you."

Boston Duck Tour and Fire & Ice- 7/22/2015



Join Our Upcoming Bowling League

Wamesit Lanes is offering Tewksbury's seniors the opportunity to start a bowling league at their new state of the art facility opening this fall. The bowling alley will also have tabletop shuffleboard, bocce and a golf simulator that will be available for use! If you're interested in finding out more contact Kathy Walsh at kwbraelyn@verizon.net. She will be coordinating a meet and greet with representatives from the bowling alley where you can hear their ideas and they can hear yours while enjoying refreshments. And if you do not have access to email you may sign-up with Jan at the Senior Center. Thank you to *Wamesit Lanes* for providing this wonderful opportunity!

Council on Aging- (978) 640-4480**Ashley Springman, MS, LSW**Council on Aging Director
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vets@tewksbury-ma.gov**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

The winner from last month was: **Barbara Flanagan**

Error: Use of "you" instead of "you're" or "you are" in Wamesit Lanes article

TEWKSBURY SENIOR CENTER NO-SMOKING POLICY

Smoking is not permitted in or around the Tewksbury Senior Center.



Individuals may choose to smoke in a personal vehicle located away from the building or they may choose to smoke on the cement slab located in front of the small, utility shed.

Smoking is prohibited on all other areas of the Senior Center's grounds.

Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

Elder Brown Bag Program

A Supplemental Food Assistance Program

**** New Location ****

Tewksbury Council on Aging

175 Chandler Street, Tewksbury, MA 01876

Every 4th Tuesday of the month.

Recipients must be 60 years of age or older or a disabled adult living in elder housing and must be low income, as measured by participation in (or eligibility for,) at least one program for which proof of income that will be required. Those who are eligible for the program must complete an application and will be contacted upon approval.

For more information or to apply contact:

Laura Marsan - 978-946-1303 • LMarsan@esmv.org

Or you may pick up
an application at the
Senior Center!

The Elder Brown Bag Program is a collaborative effort between:

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

The Greater Boston
FOOD BANK

TOWN OF
Tewksbury
MASSACHUSETTS

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11- Blood Pressure Clinic (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	PM 12:30 45's 12:45 ZINGO 1:00 Independent Painting 5:00 50 & Fit Exercise Class
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Chair Yoga 2:30 45's
THURSDAY	
AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #1
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3	PM 12:30 International Mah Jong



We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at kwbraelyn@verizon.net.

Friends of the Elderly News

Submitted by Linda Brabant

The Friends' August Mohegan Sun Trip will take place on Wednesday August 5th. Ticket sales for the September trip to Foxwoods will begin on Monday, August 10th at 8:15 A.M. Trip cost is \$30.

It is anticipated that a Friends' yard sale will be held at the end of September. Once the date is confirmed, a notice will be posted at the Senior Center.

It is hoped that everyone is having a warm and pleasant summer. Enjoy!

"HUGS"

It's wonderful what a hug can do
A hug can cheer you when you're blue
A hug can say I love you
Or Gee I hate to see you go.

A hug is welcome home again
Great to see you, Where've you been?
A hug can soothe a small child's pain
And bring a rainbow after rain.

A hug, there's just no doubt about it-
A hug delights and warms and charms
It must be why God gave us arms.

Hugs are great for Fathers and Mothers
Sweet for Sisters and Brothers,
And chances are your favorite Aunts
Love them more than potted plants.

Kittens crave them, doggies love them
No need to fret about your share of them.

So stretch those arms without delay
And give someone a hug today!
(Unknown Author)

God bless us with hugs & God bless America!



Red Hat News*By Diane Joy*

The Red Hats are on their summer hiatus. I hope everyone is enjoying their summer!

Here are some upcoming dates (mark your calendars):

Christmas in July: This event has started (as you can tell from the Christmas Tree being up!) This is an on-going event to help the less fortunate come the Holidays. Your \$10 donation will be given to the Tewksbury Food Pantry who will be able to help families for Christmas. It may be hot and muggy out now, but the Holidays are closer than you think!

First Meeting Event: September 16, Mark your calendars for our first meeting back from summer break.

Halloween Party: October 26, 6:00 to 10:00 pm. \$15 per Belle. Catered by French's. Start thinking of those creative costumes and what you can morph into for the night.

Red Hat Bingo: November 18th, Please bring a non-perishable food item. This is always a fun time.

Christmas Party: December 16th. Catered by the Village Inn.

I look forward to seeing everyone on September 16th.

Happy Labor Day!



**JOIN AYURVEDA WELLNESS
HEALING**

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Friday, August 7, 2015

11:00am - 12:30pm

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Join Kim Sardo and Lynn Connor, owners of Ayurveda Wellness Healing, LLC, for this fun and interactive free lecture as we explore Ayurveda through discussion and group activities. To sign up for the lecture or to get more information please call Jan at the Senior Center (978) 640-4482.

Golden Age Club News*By Rose McKenna*

Last month the Golden Age Club had their yearly cookout (eat in) luncheon. A great big Thank You to everyone that helped—The Kitchen Crew, The Servers, all the salads that were brought in, the desserts, Gina's famous punch, and everyone that brought in gifts for the door prizes. People that helped in any way, we could not do this without all of your help. Thank you.

We had a wonderful informative speaker at our June meeting from Habitat for Humanity. The GAC is donating a dishwasher to a new house being built on State Street, Tewksbury. We are also sponsoring a tea for the Tewksbury Community Pantry. The Golden Age Club is involved in many Charitable Events. We must not forget the school scholarships given yearly to grandchildren of our paid up members. To become a member, come on down to the Senior Center where we have our office, and join. Then you can come to all our festivities.

The Golden Age Club also runs several overnight trips each year. The remaining trips for the year are now posted on the GAC and Trip Boards: A trip to Lake George, New York August 30 to September 2, 2015. This trip is filling up fast so don't be left out. The Final Trip of the year will be the annual trip to the White Mountain Hotel and Resort in North Conway New Hampshire. The date for this trip is December 6—7, 2015. This is our Christmas Trip. The resort is beautifully decorated and we will have a visit from Jolly Old Santa with gifts for all. This is always a great trip. Deposits and final payment are now being accepted for both trips mentioned above.


— —

Worrying won't stop the bad stuff from happening, it just stops you from enjoying the good.



A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.

LINDLEY FOOD SERVICE
Elder Services of the Merrimack Valley
AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Rice and Raisin Pudding	4 Tuna Pasta Salad Cucumber and Cucumber Salad Spinach Salad with Mandarin Oranges Soft Sandwich Roll Seasonal Fresh Fruit	5 Penne Pasta with Meat- balls in Tomato Sauce Buttered Peas Carrots Oatmeal Bread Chocolate Chip Cookie	6 Beef Burgundy Stewed Tomatoes with Zucchini Sliced Red Bliss Mashed Potatoes Whole Wheat Bread Mandarin Oranges	7 Baked Pollock Fish with Lemon Sauce Roasted Seasoned Potatoes Corn Niblets Dinner Roll Mixed Fruit
10 Pork Diane Broccoli Cuts Mashed Turnips and Carrots Oatmeal Bread Sliced Peaches	11 Meat Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit	12 Beef Chili con Chili Sliced Carrots Honey Wheat Roll Oatmeal Cookie	13 <u>AUGUST SPECIAL</u> Broccoli Stuffed Chicken Breast Mashed Potatoes Peas and Onions WW Dinner Roll Blueberry / Strawberry Mousse	14 Tomato Onion Frittata Potatoes O'Brien Red Cabbage with Corn Wheat Bread Seasonal Fresh Fruit
17 Cheese Ravioli with Mari- nara Sauce Garlic Green Beans Sliced Carrots Oatmeal Bread Raisin Bran Bar	18 Egg Salad on Shredded Let- tuce Whole Wheat Pita Half English Pea Salad Seasonal Fresh Fruit	19 Brunswick Stew Deluxe Bean Medley Biscuit Chocolate Cookie	20 <u>HAPPY BIRTHDAY</u> Baked Breaded Chicken Red Bliss Mashed Potatoes Stewed Tomatoes with Zucchini Natural Grain Bread Birthday Cake 	21 Eggplant Parmesan Succotash Garlic Green Beans Italian Bread Brownie
24 Shepherd's Pie Peas and Carrots Whole Wheat Bread Sliced Pears	25 Sweet and Sour Chicken Breast With Pineapple Scalloped Potatoes Broccoli and Cauliflower Dinner Roll Seasonal Fresh Fruit	26 Low Sodium Hot Dog Vegetarian Baked Beans Chef Blend Vegetables Whole Wheat Hot Dog Roll Watermelon	27 Turkey Salad over Shredded Lettuce Kidney Bean and Chickpea Salad Coleslaw Garlic Whole Wheat Dinner Roll Oatmeal Cookie	28 Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples Rye Bread Ginger Cookie
31 Beef Burgundy Red Bliss Mashed Potatoes Mixed Vegetables Seasonal Fruit Flax Seed Bread				

AUGUST 2015 - SCHEDULE CHANGES & SPECIAL EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1

2	3	4	5	6	7	8
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2-6pm Upscale In-take Night
National Night Out Against Crime
9:30am- Parkinson's Support Group

9	10	11	12	13	14	15
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9am- Men's Group

16	17	18	19	20	21	22
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No MS Support Group

19 NO COA Board Meeting in August

23	24	25	26	27	28	29
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25 8-11am- Brown Bag Hours
9:30am- Rep Miceli's Office
10am- Sen L'Italien's Office Hrs

9am- Men's Group

31 3-6pm- September's Upscale Intake Night
11:30am- DJ Jon Dance & Lunch

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Important Dates in August

- August 3- Columbus set sail on his first voyage to wards the Canary Islands in 1492.
- August 4- The First World War began in 1914.
- Augusts 12- The **Model T Ford**, known as the Tin Liz-zie and the first produced car went on sale in 1908.
& The first communication satellite "Echo 1" was launched in 1960 from Cape Canaveral in Florida
- August 14- World War II ends in 1945.
- August 15- World War II V-J Day (Victory over Japan) in 1945. The official date for the ceremony to mark the formal surrender of the Japanese to the allies less than 24 hours earlier.
- August 22- International **Red Cross** founded in Geneva
- August 25- Daily flights between London and Paris started the first international air Service in 1919.
- August 26- In Britain, the BBC transmits the first High definition television pictures, in 1936.
- August 28- **Martin Luther King**, American civil Rights leader, made his famous "I have a Dream Speech in 1963.
- August 31- **Princess Diana** was killed in a car accident in France in 1997.

Y A B D E L I F E G U A R D
L L I N R E T T I L M P E R
I S E A W E E D N A S L B A
M O H S H O V E L S T E O O
A B E A S H G T I S A K T B
F E S C R U B U A C R H T G
L A R O C K M C H N F S L N
I C O G L R D B A V I I I O
P H H W U N A C R A S F M L
F C A Q A L I B Y E H Y P A
L H E S I L L Y D T L L E G
O A S A E R E I P K T L T O
P I P P Z A T O W E L E A O
S R D O O W T F I R D J J N

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BEACHCHAIR	KELP	SAND
BOTTLE	LAGOON	SEAHORSE
CORAL	LIFEGUARD	SEAWEED
CRAB	LIMPET	SHARK
DRIFTWOOD	LITTER	SHOVEL
FAMILY	LONGBOARD	STARFISH
FLIPFLOPS	MUSSEL	TAN
GLASS	PAIL	TIDES
GULL	PELICAN	TOWEL
JELLYFISH	PIER	UMBRELLA

August is signaling us to the fact that summer will be coming to an end, schools and colleges will return to normal schedules and our Senior Center will be starting their fall classes. We've actually had a very decent summer, and we are all hoping that the winter will be much milder than the last!

LAUGHING
— is — the —
BEST
exercise

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

Barbara Braxton is the newest member of the Silvertones... Welcome to the new singer!

UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
August 12, 2015	8:30AM	Essex Steam Train Connecticut River	\$89 per person	*Add'l Tix Avail*
September 23, 2015	9:00AM	Old Mill Restaurant & Tower Hill Gardens	\$71 per person	Available Now
October 14, 2015	10:00AM	Easthill Farm Octoberfest	\$73 per person	Available Now
November 4, 2015	11:30AM	Nashoba Vineyard	\$30 per person	Not Available
December 5, 2015	TBD	"Elf" at the Wang Theatre	TBD	Not Available

The **Tewksbury Public Library** is running 22 free author visits, film screenings and other events for adults this July. Below are 7 highlights:

On Wednesday, August 5 at 10:30am, enjoy a screening of *Far From The Madding Crowd*, a PG-13 drama. In Victorian England, the headstrong Bathsheba Everdene attracts 3 very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. Light brunch.

On Tuesday, August 11 at 7pm, learn about the secret missions of the U.S. Army's tactical deception unit during World War II with Rich Beyer, author of *The Ghost Army of World War II*.

On Tuesday, August 25 at 7pm, take an intimate, cross-country look at the debate over the role religion plays in public schools with Linda Wertheimer, author of *Faith Ed: Teaching About Religion in the Age of Intolerance*.

On Thursday, August 13 at 7pm, examine last summer's Market Basket saga and the unlikely grassroots movement that saved the business with Grant Welker and Daniel Korschun, authors of *We Are Market Basket*.

On Friday, August 14 at 8pm, enjoy a screening of *Do You Believe?*, a PG-13 drama. When a pastor is shaken by the visible faith of a street-corner preacher, he's reminded that true belief always requires action. His response ignites a journey that impacts everyone it touches in ways only God could orchestrate. Movie snacks.

On Thursday, August 20 at 7pm, relive Pleasure Island, a theme park in Wakefield that was open from 1959 to 1969, with author Bob McLoughlin, President of the Friends of Pleasure Island.

On Thursday, August 27 at 7pm, learn how an American minister & naval officer helped rescue 250,000 refugees during the Armenian genocide with Lou Ureneck, author of *The Great Fire*.

Interested in attending a program? Due to limited space, please reserve your seat by calling librarian Robert Hayes at 978-640-4490 x 205. All events are sponsored by the Friends of the Library. Film screenings are co-sponsored by the Tewksbury Lions Club.

Facts About the Month of August

By Marilyn Hebert

August 1 is called Lammas Day, and was Thanksgiving Time (Harvest Time in Britain). On Lammas Day farmers made loaves of bread from the new wheat crop and gave them to their local church. They were used as the communion bread during a special mass thanking God for the harvest. The custom ended when Henry VIII broke away from the Catholic Church and nowadays we have harvest festivals at the end of the season.

Lammas Day used to be a time for foretelling marriages and trying out partners. Two young people would agree to a "trial marriage" lasting the period of the fair (Usually 11 days) to see whether they were really suited for wedlock. At the end of the fair, if they didn't get on, the couple would part.

Llamas Superstition—To bring good luck the farmers would let the first corn bread go stale and then crumble it over the corners of their barn.

5		6		4			9	1
				9		6	2	
7	9		5		1			
	7	5				8		2
			8			4	7	
	4		6	7			1	3
	8	3						
1	6					2	3	4
2								7



Madonna is 55, her boyfriend is 22, Tina Turner is 75, her boyfriend is 40, JLo is 42, boyfriend is 26, Maria Carey is 44, husband is 32. Still Single? Relax your boyfriend isn't born yet.



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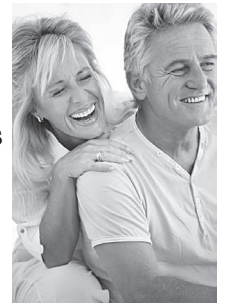
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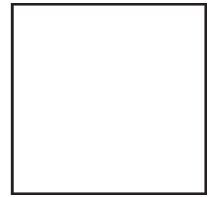
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Tewksbury Senior Center
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Representative James R. Miceli

Phone: 617-722-2305

Email: James.Miceli@mahouse.gov



Senator Barbara L'Italien

Phone: 617-722-1612

Email: barbara.litalien@masenate.gov

SIGN UP FOR OUR FOOT CARE CLINIC

WHO: Catherine Languedoc RN BSN, CFCN
 (Certified Foot Care Nurse)

WHEN: 3rd Thursday of Every Month

WHERE: Senior Center Nurses Office

COST: \$25, accepted at time of apt.



Call Jan at 978-640-4482 to make an appointment

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Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	www.redcross.org
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275

Elder Services of the Merrimack Valley

1-800-892-0890

MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
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